

1 IN THE CLAIMS:

2 Please amend the claims as follows:

3 1. (Currently Amended)

4 A method of using a baseball training device for one to acquire improve batting form
5 comprising the steps of:

- 6 (a) placing a first foot on the baseball training device, the baseball training device
7 comprising: (i) an integrated pivoting unit comprising a first flange and a second
8 flange in facing relation, the first flange pivotally attached at its center to the
9 center of the second flange, a bearing housing defined where the first flange is
10 pivotally attached to the second flange for holding ball bearings, the first and
11 second flange each having an outward facing surface; (ii) a foot-engaging member
12 attached with fastening means to the outward facing surface of the first flange;
13 (iii) a ground-engaging member attached with fastening means to the outward
14 facing surface of the second flange; and (iv) a ~~scaling~~ friction inducing member
15 encircling the bearing housing;
- 16 (b) assuming a batting stance, placing a second foot approximately a shoulder's width
17 apart from the first foot, and cocking a bat above the shoulder corresponding with
18 the first foot;
- 19 (c) shifting weight so that the majority of one's weight is supported by the first foot;
- 20 (d) swinging the bat, and simultaneously rotating the first foot on the baseball training
21 device but not moving the first foot off of the baseball training device so that
22 one's hips rotate in the same direction as the bat; and
- 23 (e) completing the swing.

24 2. (Currently Amended)

25 The method of claim 1 wherein the ~~scaling~~ friction inducing member is a rubber o-ring.

26 3. (Original)

27 The method of claim 1 wherein the fastening means are rivets.

28 4. (Original)

29 The method of claim 1 wherein the foot-engaging member and the ground-engaging
30 member are round.

31 5. (Original)

32 The method of claim 1 wherein the foot-engaging member and the ground-engaging
33 member have the same diameter.

34 6. (Original)

35 The method of claim 5 wherein the diameter ranges from 3.5 inches to 6.0 inches.

1 7. (Currently Amended)

2 A method of using a baseball training device for one to acquire improve batting form
3 comprising the steps of:

- 4 (a) placing a first foot on the baseball training device, the baseball training device
5 comprising: (i) an integrated pivoting unit comprising a first flange and a second
6 flange in facing relation, the first flange pivotally attached at its center to the
7 center of the second flange, a bearing housing defined where the first flange is
8 pivotally attached to the second flange for holding ball bearings, the first and
9 second flange each having an outward facing surface; (ii) a round foot-engaging
10 member having a first surface and a second surface, the first surface and second
11 surface being on opposite sides of the foot-engaging member, the first surface
12 attached with fastening means to the outward facing surface of the first flange;
13 (iii) a round ground-engaging member having a first surface and a second surface,
14 the first surface and second surface being on opposite sides of the ground-
15 engaging member, the first surface attached with fastening means to the outward
16 facing surface of the second flange; (iv) a ~~rubber o-ring encircling the bearing~~
17 ~~housing a sealing~~ friction inducing member encircling the bearing housing; and
18 (v) a cover material attached to the second surface of the foot-engaging member
19 and to the second surface of the ground-engaging member;
20 (b) assuming a batting stance, placing a second foot approximately a shoulder's width
21 apart from the first foot, and cocking a bat above the shoulder corresponding with
22 the first foot;
23 (c) shifting weight so that the majority of one's weight is supported by the first foot;
24 (d) swinging the bat, and simultaneously rotating the first foot on the baseball training
25 device but not moving the first foot off of the baseball training device so that
26 one's hips rotate in the same direction as the bat; and
27 (e) completing the swing.

8. The method of claim 7 wherein the foot-engaging member and the ground-engaging
member have the same diameter.

9. The method of claim 8 wherein the diameter ranges from 3.5 inches to 6.0 inches.